|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 5am | 6am | 7-9.30 | 9.30am | 10.30-12pm | 4-6 | 6pm | 7pm |
| M-T | X | X | OPEN GYM | X | OPEN GYM | OPEN GYM | X | X |
| F | X | X | OPEN GYM | X | OPEN GYM | OPEN GYM | X |  |
| S | 6.30am & 7.30am | | | | Open Gym 8.30am- 11am | | | |